



Утвърдил:

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ST. KLIMENT OHRIDSKI SOFIA UNIVERSITY

Faculty of Philosophy

Specialty:

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GENERAL PSYCHOLOGY IN ENGLISH MA PROGRAM

SYLLABUS

Course:

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INTIMATE RELATIONSHIPS

Lecturer: Assist. Prof. Dr. Svetlina Koleva

Lectures and seminars	Form	Hours
	Lectures	8
	Seminars	7
Total workload		
	14 weekly quizzes	20
	Weekly individual work in Moodle	100
	Homework	30
Total course workload		
TOTAL WORKLOAD		180
Credits from lectures and seminars		1
Credits from individual workload		5
TOTAL NUMBER OF CREDITS		6

No	Grading	% of the final grade
1.	Weekly quizzes and homework	30%
2.	Final Test	70%

Course Summary:

The course takes a scientist-practitioner approach and emphasizes the rich blend of both the science and practice in the field of intimate (i.e. romantic) relationships, but also friendships, as their intersection and interaction are important issue. Characteristics of intimacy and different approaches to building and maintaining of a significant relationship are presented. The course aims at clarifying the influence of various factors, which lead to the formation of an intimate relationship – the biological bases of attraction and love, the role of expectations and beliefs, the relational interaction patterns (types of communication). The nature of love and friendship, the role of sexuality for relationship satisfaction, the influence of social context on relationships are discussed. A deeper knowledge of the developmental cycle of intimate relationships with the expected conflicts and potential power dynamics (types of aggression and coercion) is provided, as well as the psychological effects of partner loss.

Prerequisites:

None

Course Goals:	
After finishing the course in Intimate Relationships students will:	
<ul style="list-style-type: none"> • know thoroughly the biological, psychological and socio-cultural theoretical perspectives in the field of intimate relationships; • have studied various probable causes and correlates of behavior; • have learned the biological bases, descriptions and theories of love and intimate relationships; • have understood the dynamics of relationship, the roles of different ways of communication, and the balance needed to maintain and enhance relationships. 	

No	Chapters:	Hours
1	INTIMATE RELATIONSHIPS. BUILDING BLOCKS OF RELATIONSHIPS Nature of Intimacy, Influence of Experience and Culture. Individual Differences and Interaction. Dark Side of Relationships.	1
2	RESEARCH METHODS IN RELATIONSHIP SCIENCE History of Relationship Science. Developing a Question and Obtaining Participants. Design and Setting Selection. Ethics and Responsibility in Research. Interpretation and Integration of Results.	1
3	ATTRACTION Fundamental Basis of Attraction. Importance of Proximity, Physical Attractiveness, Reciprocity, and Similarity. Gender Differences in Perception of Attraction.	1
4.	SOCIAL COGNITION IN INTIMATE RELATIONSHIPS Process of Perception. First Impressions and Impression Management. Expectations and Relationship Beliefs. Components of Partner Knowledge.	1
5.	COMMUNICATION Nonverbal Communication. Verbal Communication. Dysfunctional Communication and Problem Solving Techniques.	1
6.	INTERDEPENDENCY Social Exchange and Economies of Relationships. Exchange versus Communal Relationships. Equitable Relationships. Characteristics of Commitment.	1
7.	FRIENDSHIP Nature of Friendship. Attributes of Friendship. Friendship across the Life Cycle. Differences in Friendship. Friendship Difficulties.	1
8.	LOVE Types of Love and Styles of Loving. Individual and Cultural Differences in Love. Duration of Love. Sternberg's Theory of Love Stories. Different Types of Love Stories and Effects on Relationships.	2
9.	SEXUALITY Sexual Attitudes and Sexual Behavior. Sexual Satisfaction. Sexual Coercion.	1
10.	STRESSES AND STRAINS IN INTIMATE RELATIONSHIPS Perceived Relational Value – Acceptance and Rejection. Hurt Feelings and Ostracism. Types of Jealousy. Deception and Lying in Relationships. Betrayal and Forgiveness.	1
11.	CONFLICT IN INTIMATE RELATIONSHIPS Nature of Conflict. Course of Conflict. Outcomes of Conflict.	1
12.	POWER AND VIOLENCE IN INTIMATE RELATIONSHIPS Power and Interdependence - Sources, Types, and Outcomes. Violence in Relationships – Prevalence, Types, and Gender Differences in Intimate Violence.	1

13.	DISSOLUTION AND LOSS OF RELATIONSHIPS Divorce – Rates and Predictors of Divorce. Breaking Up. Aftermath of Breakups.	1
14.	MAINTAINING AND REPAIRING RELATIONSHIPS Maintaining and Enhancing Relationships. Repairing Relationships.	1

Exam topics

No	Topics
1	INTIMATE RELATIONSHIPS. BUILDING BLOCKS OF RELATIONSHIPS
2	RESEARCH METHODS IN RELATIONSHIP SCIENCE
3	ATTRACTION
4.	SOCIAL COGNITION
5.	COMMUNICATION
6.	INTERDEPENDENCY
7.	FRIENDSHIP
8.	LOVE
9.	SEXUALITY
10.	STRESSES AND STRAINS IN INTIMATE RELATIONSHIPS
11.	CONFLICT IN INTIMATE RELATIONSHIPS
12.	POWER AND VIOLENCE IN INTIMATE RELATIONSHIPS
13.	DISSOLUTION AND LOSS OF RELATIONSHIPS
14.	MAINTAINING AND REPAIRING RELATIONSHIPS

References

Miller, R.S. (2015). *Intimate Relationships* (7th ed.). Sam Houston State University: McGraw-Hill Education.
 Sternberg, R. (1998). *Love is a story. A new theory of relationships*. NY: Oxford University Press.

March 18, 2018

Lecturer: Assist. Prof. Dr. Svetlina Koleva